



## Mind, body, spirit: Co-benefits for mental health from climate change adaptation and caring for country in remote Aboriginal Australian communities

**Author(s):** Berry HL, Butler JR, Burgess CP, King UG, Tsey K, Cadet-James YL, Rigby CW, Raphael B  
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### Abstract:

The evident and unresolved health disparity between Aboriginal and other Australians is testament to a history of systematic disenfranchisement. Stigma, lack of appropriate services and the expense of delivering services in remote settings make it impossible to adequately address mental health needs, including suicide, solely using a mainstream medical approach. Nor do mainstream approaches accommodate the relationship between Aboriginal health and connectedness to land, whether traditional or new land, remote or metropolitan. This review describes how caring-for-country projects on traditional lands in remote locations may provide a novel way to achieve the linked goals of climate change adaptation with co-benefits for social and emotional wellbeing.

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### Resource Description

#### Exposure :

weather or climate related pathway by which climate change affects health

Unspecified Exposure

#### Geographic Feature:

resource focuses on specific type of geography

Rural

#### Geographic Location:

resource focuses on specific location

Non-United States

**Non-United States:** Australasia

#### Health Co-Benefit/Co-Harm (Adaption/Mitigation):

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

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## **Health Impact:**

specification of health effect or disease related to climate change exposure

Injury, Mental Health/Stress

**Mental Health Effect/Stress:** Mood Disorder

## **Mitigation/Adaptation:**

mitigation or adaptation strategy is a focus of resource

Adaptation

**Population of Concern:** A focus of content

## **Population of Concern:**

populations at particular risk or vulnerability to climate change impacts

Racial/Ethnic Subgroup

**Other Racial/Ethnic Subgroup:** Indigenous Australians

## **Resource Type:**

format or standard characteristic of resource

Review

## **Resilience:**

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

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## **Timescale:**

time period studied

Time Scale Unspecified

## **Vulnerability/Impact Assessment:**

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

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